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NEW YEAR COMES TO EAST DEVON & SOUTH SOMERSET

NEW YEAR, NEW YOU Pages 12-15



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THIS WEEK'S WEATHER

Wednesday



7°C
4°C

Thursday



9°C
2°C

Friday



7°C
4°C

Saturday



8°C
4°C

DEVOLUTION NEWS

Heart of the South West: Golden Triangle will have 'no impact' on plans

THE partnership behind the planned devolution of Devon and Somerset from central government has said that a possible rival partnership between the three large urban areas in Devon would have 'no impact' on their plans.

A 'Golden Triangle' made up of Exeter, Torbay and Plymouth was thought to threaten the devolution bid by Local Enterprise Partnership (LEP) Heart of the South West, made up of Devon and Somerset, but the LEP has calmed fears.

A spokesperson for HotSW said: "The Heart of the South West Growth Deal allocation is

anticipated to be announced early in the New Year, and we are confident that we submitted a high-quality bid to government.

"Devolution is led by the elected local authority leaders, and the Heart of the South West LEP is one of 21 partners covering the whole of Devon, Plymouth, Somerset and Torbay.

"Any separate arrangement would have no impact on the announcement of the LEP's Growth Deal allocation."

The Golden Triangle plan would see Plymouth, Exeter and Torbay councils create a single authority run by an

elected mayor.

The LEP Heart of the South West was created to lead and influence economic growth, job creation and prosperity across the Heart of the South West area covering Devon, Plymouth, Somerset and Torbay.

HotSW's mission statement is: "To reposition the Heart of the South West's profile and reputation, nationally and globally.

"Connecting people, places, businesses and ideas to transform our economy, securing investment in infrastructure and skills to create more jobs and enable rewarding careers."

Changes to dog control rules

EAST Devon District Council are inviting residents to have their say on new Public Space Protection Orders (PSPOs) to encourage responsible dog ownership and a ban on feeding seagulls.

For years a number of Dog Control Orders have been in place in East Devon. They are legal controls, which exist to encourage responsible dog ownership in East Devon. At the moment:

- Dogs aren't allowed in some play parks and public gardens;
- You must pick up your dog's poo in all public places;
- Dogs aren't allowed on some beaches between May 1st and September 30th;
- Dogs must be kept on leads in some areas;
- One person can only walk a maximum of six dogs at a time.

A spokesperson for EDDC said: "The council has to incorporate all these existing orders into new Public Space Protection Orders (PSPO) before the end of next year.

"While this process takes place it is considering making some changes and additions to the current rules. These changes are due to recent improvements, for example to some play areas, requests from town and parish councils and the Environmental Health Team's observations about the effectiveness of some existing controls.

"It is important that people voice their thoughts on the new proposed PSPOs so that they can be taken into consideration."

To take part in the consultation visit www.eastdevon.gov.uk/consultation-and-surveys/public-space-protection-order-consultation and get your reply in before before January 31st 2017.

Almost all of the dog controls have stayed the same

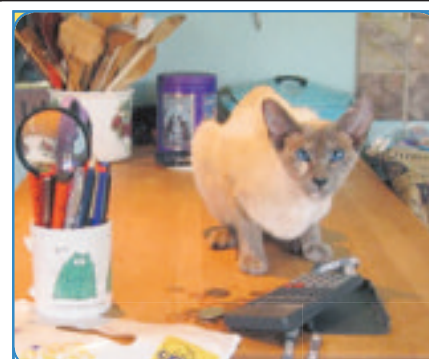
and have just been transferred across to a Public Space Protection Order. The main changes proposed are:

- Dogs must be kept on leads on the highway and on footpaths next to the highway. This is because loose dogs have been a hazard to vehicles, cyclists and walkers. One hundred percent of dog owners questioned in a survey the council carried out in the summer agreed that this was a responsible thing to do.
- Minor changes to the seasonal dog exclusions on two beaches. The council identified that more space was needed for families with dogs in Exmouth and this could be done without impacting upon a long length of dog free beach, and in Sidmouth one of the "dogs allowed" areas could not be easily and safely accessed; under the new proposals it could be.
- A ban on feeding seagulls on or near town beaches. This is because people using the esplanades, beaches and walkways are often affected by gulls stealing food or being attracted to people deliberately feeding them.

Councillor Ian Chubb, East Devon District Council portfolio holder for Environment said: "We have to change the Dog Control Orders into a PSPO and this is an important opportunity to improve the controls based on what residents, town and parish councils and officers are telling us. We want to know if you agree with what we are proposing, so please get involved."

GET IN TOUCH

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ST ANDREW'S CHURCH, COLYTON by Richard Austin



▲ A VIEW of St Andrew's Church in Colyton by award-winning local photographer Richard Austin

NEW YEAR MESSAGE

from Tiverton & Honiton MP
NEIL PARISH



OVER the next six weeks, you will be seeing a bit less of me in Parliament and around Tiverton and Honiton.

That's because I've had a hip replacement operation.

In the last few years, I have had increasing difficulty with my right hip.

A full replacement operation has now become necessary to improve my mobility and ease my current discomfort when walking and standing.

The operation will require a recovery period of around six weeks, so I will be recovering at home in the West Country over the month of January.

I very much hope to be back and fighting fit in February.

My office will still be operating during my recovery so, if constituents have any questions or require any assistance, they should not hesitate to get in touch in the usual way.

I wish you all a Happy New Year and I look forward to getting back to doing the job I love.

NEIL PARISH

NEW YEAR MESSAGE

from Yeovil MP
MARCUS FYSH



AS 2016 draws to a close, we can look back over a significant year for South Somerset, the nation and the world.

Momentous events included the referendum on the European Union, where the nation voted to leave, and in the Yeovil constituency there was an overwhelming majority for that result.

The US presidential

election was also unexpectedly won by Donald Trump, leading many to think US policy may change significantly in various ways.

These events give the UK heightened opportunities and re-

sponsibilities, and I look forward to playing my part in encouraging our positive engagement with them.

Domestically and locally 2017 should be good for South Somerset.

Fuel duty will continue to be frozen, something for which I campaigned, helping small business and saving the average car driver £130.

I am also proud of the more generous business rate exemptions which will apply from April, and the continued raising of the income tax threshold.

It is also great to hear that Gigaclear has been awarded the contract to complete 100 per cent coverage of our area with full-fibre broadband, and look forward to examining the detail and encouraging BT to complete their part too.

Infrastructure improvements are under way, with important upgrades of rail services and infrastructure on the Exeter to Waterloo and Castle Cary lines progressing, although a Chard service is something I am still working to get into the programme.

The A303 and A358 dualling statutory consultations are under way on the first sections and funding is in place.

Skills and business development are things I am working hard to enhance on the back of these improvements and I am hopeful that I have succeeded in securing the funding to enable the Local Enterprise Partnership to enable a cutting-edge new aerospace technology centre in Yeovil.

I am also in discussions with multiple large and small aerospace and technology companies who wish to locate investments in our area to take advantage of local expertise.

We can be proud that in the social sphere our area has been recognised as a national pioneer in integrating health and social care to address the challenges of our ageing population, and I am also proud that funding for our local schools is also being adjusted upwards in the national formula, in many cases substantially – something I have campaigned hard for.

Happy New Year to all.

MARCUS FYSH

NEW YEAR MESSAGE

from East Devon MP HUGO SWIRE



2016 was a political whirlwind; Brexit was of course the biggest upheaval of them all, but there was also the politically motivated murder of Jo Cox, the election of the controversial Donald Trump and the terrible ongoing war in Syria.

Deep discontent with the status quo has been expressed at the ballot box and with hindsight we should have not been taken aback by this.

Parts of society have felt left behind by globalisation and people feel genuinely challenged as a result of technological and economic upheaval.

It is up to a responsible state to respond effectively but this does not mean we should accept bigotry or discard liberal values.

In terms of local politics, the Clinical Commissioning Group's proposals to close a number of hospital beds across East Devon and treat more people in their homes have certainly been controversial.

I am working hard

to protect the beds in Sidmouth and Exmouth but I have also called on the Government to impose a moratorium on the closure of beds until the recently announced fair funding review of social care is completed.

Until the social care system is able to cope with more people being at home, it does seem that we are putting the cart before

the horse.

In 2017 I will also be looking into fairer funding for our local schools.

It only leaves me to wish all of my constituents a happy and prosperous 2017.

HUGO SWIRE

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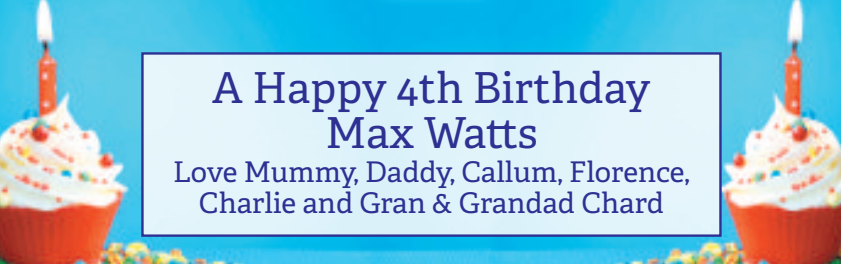
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Chamber of Commerce pledges support for the Armed Forces

SOMERSET Chamber of Commerce has become the 180th South West business to sign the Armed Forces Covenant, pledging its support for veterans, reservists, cadets and the wider Armed Forces community.

By signing the covenant, chief executive Dale Edwards endorsed the chamber's support for those who serve or have served in the Armed Forces and their families.

Co-signing the pledge at the chamber's office in Taunton was Lieutenant Colonel Peter Bates OBE on behalf of Colonel James Coote, Commander SW.

The Armed Forces Covenant is a promise ensuring that those who serve or have served in the Armed Forces, and their families, are treated fairly. Businesses of any size and industry can pledge their support.

Mr Edwards said: "On behalf of Somerset Chamber of Commerce, I am delighted and honoured to have signed the Armed Forces Covenant. The chamber recognises the value of all armed services personnel past and present, including their families, who greatly contribute to the fabric of society and business."

"The whole chamber team looks forward to upholding the principles of the covenant and working in partnership with Wessex Reserve Forces' & Cadets' Association, amongst others, over the coming years."

Jon Beake, regional employment engagement director for the Wessex Reserve Forces' & Cadets' Association, commented: "It's fantastic that Somerset Chamber has joined the 1,300 business organisations across the UK to become the 180th in the South West to pledge their support to those involved with the Armed Forces by adopting their own Armed Forces Covenant. It's been a pleasure discussing how it should be tailored to make it relevant for defence and for the chamber to provide mutual and tangible benefit."

"Somerset Chamber's Covenant includes supporting the employment of veterans, service spouses and



■ OFFERING SUPPORT: Lieutenant Colonel P.N. Bates OBE and Dale Edwards, chief executive of Somerset Chamber of Commerce, sign the Armed Forces Covenant

reservists and, as a result, the chamber may be rewarded with a Defence Employer Recognition Award in the near future.

"The support offered by individual businesses and benefits gained from 'Partnering with Defence' through the Armed Forces Covenant will be different for all and is a great way for businesses to highlight their support to their customers, employees and the wider community. I invite every employer to get in touch to emulate Somerset Chamber of Commerce in publicly declaring their support for the armed forces and their families."

Businesses interested in finding out how they could benefit from pledging their support to the Armed Forces community should contact Mr Beake on 01823 250110 or email wx-empsp@rfca.mod.uk.

Somerset Chamber of Commerce is one of only five accredited chambers in the South West and 52 in the whole of the UK. It is one of the fastest growing Chambers in the British Chambers of Commerce (BCC) network and works closely with the BCC to make sure Somerset businesses stay well connected at both a local and national level, and that the voices of the Somerset business community are heard at all levels of government.

Burnworthy House hosts Christmas fayre

FESTIVE celebrations were in full swing at Burnworthy House as the South Petherton care home opened its doors to the local community and invited them in for a Christmas fayre.

Residents and staff at the care home were surprised to have such a large number of visitors through the doors for the festive evening, despite the poor weather conditions.

Guests had plenty to keep them busy as the home was transformed with Christmas craft stalls, mince pies, mulled wine and a visit from Father Christmas, who came especially to meet the visiting children. With the food and festivities flowing, everyone was treated to live music from Methodist Minister Phillip Wagstaff and a brass band from Stoke-sub-Hamdon.

Residents and staff at the care home enjoy holding events with the local community and recently had a stand at the South Petherton Christmas lights event. The home are planning to arrange more events throughout 2017 to bring all ages of the local community together.

Speaking on the event, Burnworthy House manager Jackie Howells said: "We're delighted with how many people came along to support our Christmas Fayre. The residents had such big smiles on their faces to see people coming in to celebrate the festive season with them."

"I personally would like to say a big thank you to everyone for attending, and to the staff for organising such a lovely evening."



Bell ringers win tree festival



■ HILARY Leamon of The Friends of St Bartholomew's Church makes the finishing touches to one of the tree. Below, Johannes Huntley and Hilary Leamon with some of the drawing competition entries



BELL ringers produced the winning entry at St Bartholomew's Church Christmas Tree Festival in Crewkerne.

Visitors to the festival voted for their favourite of the 51 entries, and the tree named '5 Gold Ringers' by St Bartholomew's Bell Ringers proved the most popular.

The associated drawing competition was also well supported with many entries across three age groups.

Hilary Leamon of The Friends of St Bartholomew's Church said: "Another great big thank you to all those who took part, the volunteers who helped and all those who came and supported the festival again this year."

A busy Christmas for Branston's

IN the run up to Christmas, potato packing at Branston's Ilminster factory stepped up to more than 120,000 packs a day as demand soared for one of the nation's favourite components to Christmas dinner.

Christmas dinner just wouldn't be the same without the roasties and potato supplier Branston held its very own '12 Days of Christmas' countdown to get ready for the festive season.

"From December 13th we really start to see uplift in demand for spuds as families across the country prepare for the festive season," said Ian Wait, operations director at Branston.

"During the lead up to Christmas our potato packing jumps from 150 tonnes a day to more than 300 tonnes on the peak

Commenting on the drawing competition, she continued: "Well done to everyone who took part and thanks to you all for making it such a splendid event."

The favourite trees as voted by the festival visitors were as follows: Adult Winner - St Bartholomew's Bell Ringers; Adult Runner-Up - Speedwell Stitchers; Junior Winner - Crewkerne Methodist Busy Bees; Junior Runner-Up Crewkerne & District Girl Guides.

The drawing competition results were as follows: 0-3 years Winner Reuben Palmer; Runner-up Hunter Hawkins; 4-7 years Winner Freddy Brauer; Runner-up Giulio Palmer; 8-12 years Winner Lottie Robertson; Runner-up Maisie Robertson.

days in the week before Christmas, with our production facility going in to overdrive to meet demand.

"In 2015, more than 16.2 million packs of potatoes were sold through UK retailers during the week up to Christmas; with every household in the UK purchasing an average of 1.6kg of potatoes for the holidays.

"Potatoes are the cornerstone of festive dinners, shown by the huge surge in spud sales. King Edward and Maris Piper are the best known varieties for roasties as they have a fluffy texture that crisps up really well, but all our white potatoes will make a great addition to Christmas - whether that's at the main meal or to feed the family throughout the holidays."

First screening of New Year for film society

CLAPTON & Wayford Film Society's next screening will be the 1956 classic 'Rebel Without a Cause' and will be held on Thursday, January 5th.

Doors open at 7.30pm for an 8pm start in Clapton and Wayford Village Hall.

For more information, or to pre-book, email mickpawilson53@btinternet.com or phone Mick Wilson on 01460 74849 or Di Crawley on 01460 30508.

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Tesco's elves spread Christmas cheer throughout the community



TESCO staff at Ilminster went on tour on Friday, December 16th to present Christmas goodies to elderly residents.

The community-spirited staff dressed as elves and delivered a whole stack of gifts to residents at Hazelwell Lodge Care Home in Station Road and the Vaughan Lee House in Orchard Vale.

Tesco Ilminster's community champion, Helena Jones, said they had a brilliant time visiting the homes and giving the residents a good laugh.

Gifts included books, gardening tools, teddy bears, bed socks, perfume sets, aftershave, jumpers, flowers and chocolates.

Helena said the money had been raised in store and she would like to thank all the customers who donated to the cause.

Pupils pose questions to the mayor



BUDDING politicians were able to voice their views on their hometown when they posed questions to the Mayor of Ilminster, Councillor Val Keitch.

Pupils from Greenfylde First School and Swanmead Community School in Ilminster were joined by students from Wadham School in Crewkerne for the meeting with the mayor.

A strong theme to the questions was around play and leisure, with youngsters enquiring about the provision for play in the Swanmead Drive area and any plans to develop provision at the Recreation Ground or on Herne Hill with a walking trail.

The youngsters had lots of ideas and even tried to persuade the mayor on the benefits of geocaching.

As part of the afternoon, the Council Keitch set the children the challenge of imaging what they would do for Ilminster if they were mayor for the day.

All the children welcomed the opportunity to ask questions and thanks go to Councillor Keitch and town clerk Joy Norris for supporting this activity.

Fundraising gig for the Shed

TICKETS have gone on sale for a fundraising gig in aid of the second phase of the renovation of The Shed at Ilminster Recreation Ground.

Ilminster Cricket Club, which is giving the much-loved Shed a much-needed refurbishment, will be playing host to Torquay-based band Eat The Rich.

The fundraiser will take place at The Shrubbery Hotel in Ilminster on Saturday, February 4th from 7pm and there will also be a disco.

Tickets are priced £5 in advance or £7 on the night, and are available from The Shrubbery Hotel, Adrian Sims and Ilminster Cricket Club members.

"It's going to be a great night and there will also be a big draw as well," said a club spokesman.

The Shed is being renamed Ricer's Shed in memory of Ilminster Cricket Club legend Tony Rice who died earlier this year.

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Greenfylde gets into the festive spirit!



■ STAFF and pupils at Greenfylde First School in Ilminster raised £165 for Save the Children by taking part in the national Christmas Jumper Day (above). They wore their festive jumpers to school on Friday, December 16th and headteacher Claire Oaten was delighted with the array of festive woollies. Children from the Sunny Ile Pre-School, based at Greenfylde, also took part in the fundraising event (right), as well as a range of Christmas activities and crafts.



■ IT was glitter and glue at the ready as friends and family joined pupils at Greenfylde First School in Ilminster to celebrate in the spirit of the festive season by making Christmas decorations. Young and old made creations ranging from stained glass tea light holders to snowflakes and button Christmas trees. Headteacher Claire Oaten said: "Christmas is a wonderful opportunity for sharing and seeing so many people joining in really brought home the spirit of Christmas to Greenfylde."



■ GREENFYLDE First School had a very special visitor when Father Christmas popped in to see if the pupils had been good boys and girls during the year. Father Christmas transformed Greenfylde's Forest School log cabin into a grotto complete with lights, decorations and presents. Children were thrilled to find Santa in their outdoor classroom and enjoyed telling him all about their hopes for Christmas, and found it especially funny when he challenged the teachers to name all of his reindeer.

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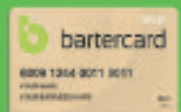
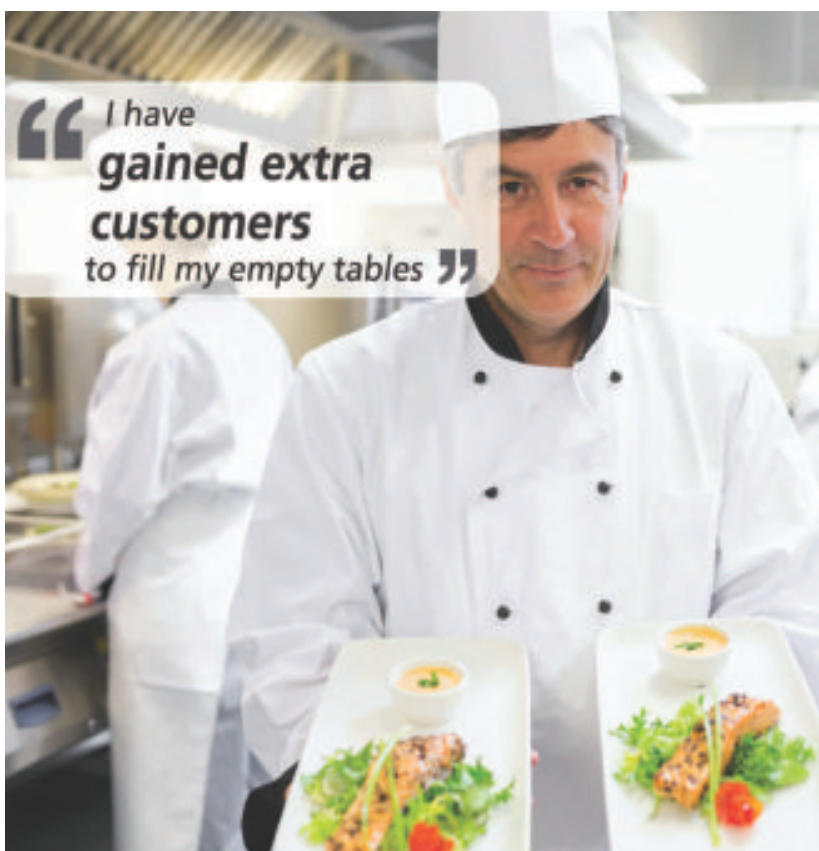
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Crowds fill the streets for Boxing Day double bill

THE streets and pavements were filled for Crewkerne's annual double bill of the Boxing Day hunt and the pram race.

Seavington Hunt gathered in the morning of Boxing Day outside Victoria Hall for the traditional event.

The master of the hunt addressed the crowd and thanked staff at Oscars for laying on drinks for the riders before praising farmers and landowners for permitting access.

He also said that the hunt would be within the law, and then wished everyone a happy New Year.

The popular pram race took over when the hunt had left, and the two winning teams were Cops and Robbers (men's race) and Little Red Riding Hood (women's race).

The Mayor of Crewkerne, Councillor Robin Pailthorpe, presented prizes to the winning teams before being sprayed with champagne by Oscars owner Richard Hall, who was in one of the teams.



■ THE master of the hunt leads the horses and hounds through the streets of Crewkerne
Photos by STEVE MONK



■ THE winning Cops and Robbers team cross the finishing line



■ WINNERS of the pub race and best dressed from Oscars Wine Bar spray the Mayor of Crewkerne, Councillor Robin Pailthorpe, with champagne
Photos by STEVE MONK



■ THE Little Red Riding Hood team won the women's race



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Mayor gets in the festive spirit at Oak Lodge Christmas fair



■ **EVERYONE** had a wonderful time at the Christmas fair held at Oak Lodge Care Home. The Mayor of Chard, Councillor Dave Bulmer, popped along to wish everyone a merry Christmas and even visited Father Christmas for a few presents. A spokesperson for the care home said: "Residents and guests enjoyed a cup of tea and a slice of cake and played the tombola, raffle and other games such as guess the weight of the cake and guess the name of the pug. The children enjoyed meeting Father Christmas in his magical grotto and received a present from Santa and his elf. Overall we raised £180 for the residents fund. Thank you to everyone who came and supported the fair, and special thanks to Claire and Barry Gibbs for their help with the grotto. Pictured left, the Mayor of Chard, Councillor Dave Bulmer, collects a present from Santa and his elf.

Festive fun at floral workshop

COMBE St Nicholas Village Hall was filled with festive, floral fun and laughter at two recent Christmas flower arranging workshops.

The ladies all made wreaths for their front doors using a variety of foliage, a few flowers and some unusual materials including brussel sprouts and leucadendron.

After watching a step-by-step demonstration by their tutor, the ladies started work.

Amongst the groups were Anne Perez and her mum, Lois DePury, from Chard, who came along to join in the fun.

Anne said: "We had a great time in Combe St Nicholas Village Hall recently. Mum and I love to do activities together and we thought flower arranging would be fun to learn. We attended one of Jackie's workshops and were so glad we did."

"We had a great time watching Jackie demonstrate how to create beautiful Christmas wreaths before we had a go ourselves."

Local tutor Jackie Nicholls from Ashville Design, who runs the workshops, said: "To see a mum and daughter relaxing and enjoying such a lovely craft together is so rewarding. Anne, Lois and everyone else who came along to these workshops did exceptionally well. I'm so proud of them all."

For details of upcoming workshops visit www.ashvilledesign.co.uk or call Jackie on 01460 67795 or 07906 259 683.



■ **CHRISTMAS WREATHS:** Lois DePury and Anne Perez with their festive wreaths

Councillors support Chard Watch's Christmas party

SOUTH Somerset district councillors Jo Roundell Greene and Amanda Broom were guests to the Chard Watch Project's Christmas party.

Councillor Broom, who supports the Watch Project, was keen to invite deputy leader Councillor Roundell Greene and commented: "I'm so pleased Jo was able to come along. With any community project, the key message is always raising awareness so people know how to support or attend if they need that support themselves."

"As well as the current volunteers, the Watch need some people with business experience to

go onto the board - if you think you can help this lifeline in Chard please contact Julie Matthews."

Chard Watch Project is a voluntary group that was set up to reach out and engage with adults who, because of various conditions and issues, are socially isolated.

Councillor Roundell Greene added: "I am delighted to see so many people involved and having fun - young and old people mixing together which is so important. The Watch Project offers a friendly and supportive environment in Chard, for people of all ages to come together."

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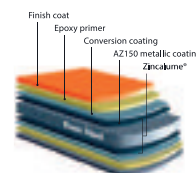
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NEW YEAR *New You*

What's your New Year's resolution?



Slimming World

IT'S NOT JUST FOR THE LADIES!

WELL I didn't expect this! Slimming world is for Men too!

I joined slimming world with my sister-in-law and a friend. At first they had pressured me into joining with them. I really wasn't sure, I had heard of these diet things, rabbit food and such (manly grunt!!). The reality was much different - I soon found that Slimming World was more about showing you foods as they are. How to combine them into great, large, healthy meals that didn't compromise on taste. It showed me that some small changes could make a big difference, and I could also treat myself as long as I kept an honest eye on how much I was treating myself.

Unfortunately throughout my life I have mistreated myself with foods I believed comforted me but in truth left me sluggish and somewhat hollow. I had been overweight through my late teen years and onwards. I never let anyone know how much this actually affected every part of my life, confidence, romance and health. Maybe I never truly admitted this to myself, it seemed easier to have another beer, pie or doughnut and get a few moments of joy, but moments was all it was.

I met my gorgeous wife 7 years ago - a fantastic and energetic woman. I will never forget our first

date, we decided to meet in Glastonbury and walk up to the top of the tor. Needless to say I puffed and panted all the way to... half way... and had to stop and get my breath back! Then I panted my way to the top. I remember thinking 'what must she think of me! I blamed the cigarettes as I smoked at the time (not any more) but it was my size that really kept me reaching the top without stopping. Thankfully this wonderful woman saw through the flab to the man inside, thank goodness. Claire never pushed me to change and I thank her for that, but I knew I had to get fitter to keep up with her. I slowly increased my fitness but there was always an excuse - work, nights out, etc not to drop my weight.

Slimming World supplied me with the final piece of the puzzle, diet! Not a diet (eat nothing but cabbage soup and a slice of cheese when you start to faint) - no - a balanced diet.

I work in the construction industry where real men eat real food (burgers, pints and chips) and "exercise is the only way you will lose weight"!!!! The idea that you should take care about what you put into your stomach was almost alien to me and the men I worked with.

As I said at the start I joined with my friends

Rainy and Liz. We soon joined the group's facebook page and started collecting and swapping ideas and supportive messages. The support from our rapidly increasing group was a great boost for me. I found the competition fun as well, who had lost the most, who had the best new recipe. I also found the groups really inspiring feeding from others experiences and knowing that you are not alone with the challenges that faced you in the week.

And guess what? I am still eating burgers and chips and enjoying my pints because I've learnt how to cook differently and to incorporate the things I love.

I'm now a Target member at my group in Honiton which means I can still attend, but free of charge - LOVE IT

For more information about your local groups please contact Sharon (Rich's Consultant in Honiton) on 07963337178 or pop into one of our groups held weekly on Tuesdays at 3.30pm, 5.30pm & 7.30pm or Wednesdays at 9.30am - all at the Honiton Family Church.



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HONITON

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Tuesdays at 5.30pm & 7.30pm

St. Gregorys Hall
Colyford Road

SEATON

Tel: Helen 01297 34714 +
07564517823

Wednesdays at 7.30pm

Honiton Family Church, High Street
HONITON

Tel: Sam 07949 349407

Wednesdays at 6.30pm

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AXMINSTER

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For more information on their services, please visit www.crewkernepharmacy.co.uk or call in between 7am and 10.30pm Monday to Saturday and 10am to 5pm on Sundays.

NEW YEAR

What's your New Year's resolution? New You



Lindy Parry
Podiatrist / Chiropodist

I HOLD my private chiropody clinic at Townsend House Surgery in Seaton.

I offer a range of treatments from a simple nail cut to nail surgery, and each treatment plan is priced accordingly.

The nail cutting only service is a shorter appointment and is ideal for those that don't have any other foot care needs. Others like to alternate nail cuts with chiropody treatments as it best suits their requirements. I always aim to work with the patient to find the best treatment plan to suit each individual. Patients feet are then monitored during treatment so that changes can be made should the need arise.

Diabetic patients who attend for chiropody will also have a diabetic foot assessment carried out during their first treatment, and will then be monitored and re-assessed as necessary.

My chiropody clinics are available to anybody seeking help with their feet and Townsend House and I look forward to welcoming you.

Bookings can be made by calling 01297 22956.



Lindy Parry
Podiatrist / Chiropodist

(BSc Hons Podiatry, MChS, HPC Registration number CH26100)

Townsend House Medical Practice Seaton

To make a booking please call
01297 22956

Michelle Hague **Clinical Hypnotherapy**

Tears, tinsel and tantrums, coping with the post Christmas stress into the new year?

IT IS that time of year again, when tempers are stretched and stress seems to be around every corner.

If you are struggling to cope, if you have been carrying the burden of work, the home and the family and friends you care about, there couldn't be a better time to come and find some help unwind de stress and make a few changes.

Michelle, works with a combination of therapies CBT, Mindfulness and Clinical Hypnotherapy, and is sure to be able to help you quickly, start to cope and manage the things that seem so overwhelming right now.

Let us not forget the old wounds, that become difficult to at this time of year the loss of someone, far away or gone from your life, the reminders of how Christmases "should" be, is often difficult to cope with, when we do not all live in the advertisers idealised imagination, or the story book fantasy of childhood hopes and dreams filled with sugarplums and white snow, candy canes, and the Father Christmas who can afford the perfect gifts for all.

You will no doubt be surrounded by wonderful advice, about what to do, and how to do it to have a perfect Christmas, but if all you want to get through this time of year, without feeling angry or overwhelmed or just be able to lift the weight of the depression that seems ready to overtake at any moment. Michelle may be the person you need to talk to.

Because December is an expensive month Michelle is offering everyone booking an appointment a discount of £5.00 off her normal hourly rate on each appointment between now and the end of January 2017 on their first and subsequent appointment in the next two months.

To take her up on this just call to arrange your appointment, and bring this article with you. Call her on 07761 773 563 or visit her website www.takecontrolofyourlife.co.uk



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NEW YEAR

New You

What's your New Year's resolution?



Val Davis Traditional Acupuncture

Acupuncture can improve and maintain health and energy and enhance a sense of well-being

ACCORDING to traditional Chinese philosophy, our health is dependent on the body's motivating energy (qi) moving in a smooth and balanced way through a series of channels beneath the skin.

Acupuncture can affect the quality of qi, your body's vital energy, by the insertion of very fine needles into specific points along these channels. This stimulates the body's healing response and restores natural balance. Treatment is aimed at the root cause of your condition as well as your main symptoms. This approach helps with resolving your problem and enhancing your feeling of well-being. You may notice other nagging problems resolve as your main health complaint improves.

The type of conditions that I mostly see in my clinics include the following: arthritis, back pain and sciatica, poor circulation, low energy

levels, hormonal/menopausal symptoms, pregnancy management, fertility problems, weight management, and addictions such as smoking. However, you don't have to be ill in the conventional sense to benefit from acupuncture, sometimes people come to see me because they are feeling low, unwell in themselves, or maybe not sleeping as well as they would like to.

Professional Acupuncturists spend at least 3 years training at degree level to become an Acupuncturist. We are then entitled to join the British Acupuncture Council and to use the letters Lic.Ac., B.Ac.C after our names. We also have public liability and professional indemnity insurance. Many of us have also studied at post-graduate level and are constantly updating our skills and experience.

So, why not give me a ring and see if I can help.



Val Davis, B.Sc., Lic.Ac., M.B.Ac.C.
(Member of British Acupuncture Council)
(20 years experience)
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BIN OR KEEP? THE 2016 WELLBEING TRENDS WE WANT TO STICK AROUND

by Abi Jackson, Press Association

WATERMELON - We all carried a watermelon in 2016. Well, those of us who got in on the emerging watermelon juice/water trend did. Yep, move over coconut water (not completely - you're still in pretty high demand), watermelon quenched our thirst and then some this year, topping up our vitamin and potassium levels and aiding in muscle recovery (thanks to its L-citrulline contents) in the process.

VERDICT: Keep. It's tasty, simple and a refreshing (no pun intended) addition to the, arguably over-saturated, 'healthy drinks' market.

HYGGE - OK, the fact snuggling up somewhere cosy and candlelit, with a soothing hot chocolate or glass of red, makes us feel good is hardly groundbreaking. But it was only this year we officially found a name for the cosy good life's happiness-inducing magic: Hygge. It's always been a way of life for the Danes, and this autumn saw it snuggle into our everyday vocabulary too.

VERDICT: Keep! Simple, feel-good and basically achievable every day. What's not to love?

SEAWEED - First came 'courgetti', and then 2016 saw an incoming tide of seaweed 'pasta'. There's a lot going for it: it's sustainable, easy to farm, highly nutritious, gluten-free and low-cal - if a tad salty.

VERDICT: Keep - BUT it's currently too expensive to make it onto our regular shopping lists (expect to pay almost £6 for a 100g bag, while you can easily get a 500g bag of real pasta for £1).

FLAVOURED NUT BUTTER - The nut butter aisles got a LOT more interesting this year, with palm oil-free brands like Pip and Nut bringing us delights such as Honey Cinnamon Cashew Butter and Coconut Almond Butter. Omega-3 and protein-packed

goodness and added flavour.

VERDICT: Keep! And Pip & Nut have just announced they're launching 1KG tubs... Happy New Year!

CLEAN EATING - Nobody's really sure what it means... Is it just healthy, proper food all made from scratch, no additives etc?! But, haven't people been doing that for, um, ever? And does it only count as 'clean eating' if you post it on social media? Maybe we're missing something but, either way, it's smug, and ain't nothing wrong with a good 'ol dirty burger every once in a while.

VERDICT: Bin. #PleaseStop

WAIST TRAINING - The Kardashians could post selfies of themselves drenched in cow dung and somebody (read: many) would give it a go, so of course, when they start posting snaps of themselves sporting waist trainers - basically super-tight corsets - and even working out with them on, cue a flurry of copycat attempts to get 'waisted'.

VERDICTS: Bin. Sticking the word 'trainer' in the title doesn't change what it is. A corset doesn't promote fat loss or muscle tone. It just squashes you (and your organs).

SAUNA SUITS - Always thought the priority with fitness attire was to keep you cool and comfortable during those sweaty workouts? Khloe Kardashian took the opposite approach this summer however, when she shared snaps of herself working out in a 'sauna suit'. The clue's in the name: these 'sweat suits', as they're also known, are designed to make you heat up and perspire more.

VERDICT: Bin. Anything that perpetuates the idea it's OK to do daft things in a bid to lose weight fast is just not good. Plus apparently, it's just promoting water loss, which isn't the same as fat loss.

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Val Davis B.Sc., Lic.Ac.,
(Member of British Acupuncture Council)

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NEW YEAR

New You

What's your New Year's resolution?



Axminster Health & Wellbeing

MINDFULNESS

WE CAN'T always choose what happens to us or how other people behave, but we can learn to have more choice in how we respond to life's events.

You do not have to have a problem to benefit from Mindfulness; in fact it supports wellbeing and improves quality of life, wherever you are starting from. It helps people to stay steady through life's ups and downs and helps people to relate differently to stress, anxiety, chronic pain and illness. A growing body of evidence suggests that regular and routine Mindfulness practise calms the areas of the brain that produce stress hormones and activates those areas that lift mood and help with learning and creativity.

You still have time to register for our 8 Week Mindfulness for Health and Wellbeing Course, taught by Kath Woods at Axminster Health & Wellbeing Centre beginning on Thursday 23rd February 2017. The course consists of 8 weekly sessions each lasting 2.5 hours, an optional 'all day' session, a course booklet, handouts, pre-recorded meditations for home practise, and on-going phone/email support from the Mindfulness Teacher. The full cost of the Course is £200. Some concessions are available, please apply directly to Kath.

There is also a Mindfulness taster session on 18th February 2017 which you may wish to attend before committing to the 8 Week Course. Contact Kath Woods: 01404 831605 or email kath.woods2012@gmail.com to book and to find out more.

'Mindfulness means paying attention to our experience in a particular way: on purpose, in the present moment, and non-judgementally' Jon Kabat-Zinn

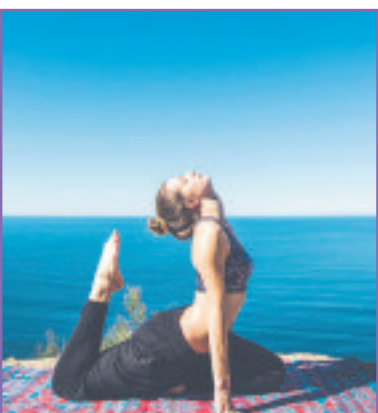
Bodywork at Axminster Health & Wellbeing Centre
As well as complementary therapies such as Massage, Reflexology and Osteopathy, we also host a choice of bodywork classes ranging from Qigong and Yoga to Pilates and Mindfulness to suit different abilities and interests. Please do call in to find out more or visit our website www.axminsterwellbeing.com for days and times of classes and contact details of teachers.

Special Offers for January 2017

Val Davis is offering a reduced rate of £40 for a first Acupuncture appointment. The first appointment is normally £47. Call to book 01395 578050 / 07870 881596.

Melanie Philip is offering 40% off a first full Bowen treatment and Energy Medicine Assessment Mobile: 07715-952896 Email: becomebalanced@yahoo.com

Elizabeth Bray BSc DNN MBANT CNHC Registered Nutritional Therapist is offering one hour nutrition consultations - identifying imbalances in vitamins, minerals, nutrients, includes written recommendations for diet and supplements. Normal price £89 - offer price £80. Liz is also offering one hour nutrition and food intolerance test consultation - As above, includes written recommendations for diet and supplements and IgG antibody blood test (59 foods) to identify food intolerances. Normal price £139, offer price £130. Specific laboratory tests may be recommended to assess symptoms and levels of nutrients at an extra charge. More details www.body-balance.co.uk 01823 480570.



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Bowen Therapy & Energy Healing

WHAT IS BOWEN THERAPY & HOW CAN IT HELP YOU?

THE Bowen Technique is a gentle hands-on treatment which can be performed through light clothing and enables the body to 're-balance' following an injury or illness, and to commence the healing process.

A Bowen session will last approximately 45-50 minutes, the practitioner will make a series of gentle moves with fingers and/or thumbs over specific areas of the body. There are short breaks for approximately two minutes at a time to allow the body to accept and absorb the information that is being given by the practitioner's touch. The 'breaks' in treatments are particular to The Bowen Technique, and are an important part of the healing process.

Every 'body' is different, and deals with stress, pain, illness or injury in its own way. The Bowen Technique addresses all of the body systems and aims to bring them into balance with each other - this is known as 'homeostasis'.

With its gentle appliance, the Technique can, and has, helped the following conditions:

Back Pain, Sciatica • Shoulder Pain
Whiplash injuries • Muscle pain
Chronic & Acute Sports Injury
Migraine • Auto Immune • Stress
And more!...

One interesting fact about Bowen is that it does not treat a specific condition - In summary, 'Bowen is a subtle nerve, muscle and connective tissue technique that enables the body to regulate itself, allowing many of the



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Includes a complete 90 minute Energy
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Offer ends January 2017

To make an appointment call Melanie on

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www.bowentechniqueindevon.com

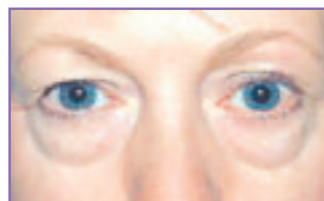


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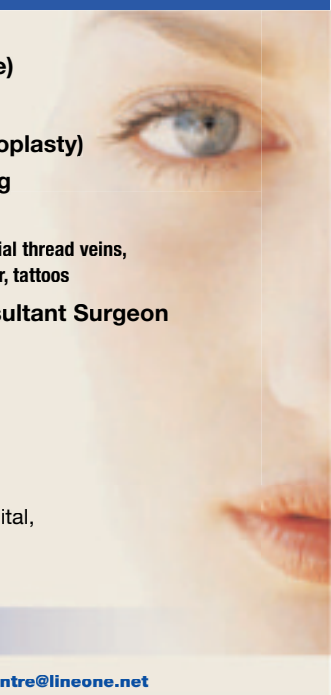
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View From Classified

AXMINSTER Tool Centre gift voucher for a one day taster session course, which covers training on engineers lathe, router, pyrography equipment and woodturning lathe. Includes a choice of two dates (either 16th March 2017 or 10th October 2017). This voucher has been kindly donated by the Axminster Skill Centre in aid of my fundraising for Devon Air Ambulance Trust, which will receive all proceeds. With a face value of £70, the voucher is now going for £50 (or more if you wish!). Tel 01297 32967

AXMINSTER TOOL Centre gift voucher for a one day taster session course, which covers training on engineers lathe, router, pyrography equipment & woodturning lathe. Includes a choice of 2 dates (either 16th March 2017 or 10th October 2017). This voucher has been kindly donated by the Axminster Skill Centre in aid of my fundraising for Devon Air Ambulance Trust, which will receive all proceeds. With a face value of £70, the voucher is now going for £50 (or more if you wish!). Tel 01297 32967

AS NEW bluetooth 40w TB340 soundbar, that's sized 800mm x 60mm x 60mm. Brilliant sound for tv, it's now only £25. Tel 01297 32967

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GARDEN composting systems: Two total still boxed and unused, each having 420 litre capacity. Now only £6 each. Tel 01297 32967

SONY SRS-BTM30 bluetooth wireless speaker system. Mains or battery operated, this is a great, tidy little unit specially designed for phone, pc or any bluetooth supported device. A real bargain at only £15. Tel 01297 32967

ERCOL Windsor Quaker dining chairs in Elm/beechn. There are four chairs total (2 of which are Carvers), now selling for only £150. Tel 07565 526524

DIMPLEX electric log effect stove, still in as good as new condition. Comes in black with glowing log burning effects and an optional blow heater. A real bargain at only £45. Tel 01297 443118

ELECTRIC STOVE: GAZCO model in Huntingdon Black, with 1-2kw Variflame technology that has two heat settings and 3 flame brightness levels. Also comes with a remote control. Hardly used, the stove cost £660 in 2013 and is now selling for only £330. Tel 01460 394825

STEEPLETONE portable vinyl record player with 3 speed settings and built in speakers. Comes in as new condition and would make an ideal Childs' Christmas present for a price of only £20. Tel 07542 171829

HOZELOCK pond vacuum, new and still in it's unopened packaging. Now only £55. Tel 01297 22236

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CAST Iron lamp post, sized 2m 280cm (90in). Now only £80. Tel 01297 22236

BOSCH battery hedge trimmer with battery and charger. Bought in the wrong size, it's now only £35 o.n.o. Tel 01297 631330

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NEW & in box Dartington Crystal plain glass decanter. RRP £40, now selling at £18 o.n.o. Tel 01297 631330

PAIR of snow chains in a bag (9mm chain). The chains will fit most tyres (and I have a size chart). Bought in the wrong size, it cost £75 and is now selling for only £25. Tel 01297 631330

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OLD Victorian gate: Single, heavy and now only £39. Tel 01297 553064

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HARO & Dawes bike frames suitable for teenager or a small adult. Now only £10 each. Tel 01297 553064

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01297 553064

CHILD'S bike: MTX 125 boys bike with 5 gears, 20" wheels and a minimum saddle height of 25". Comes in good working order and appearance, it would make an ideal Christmas present. Now only £20. Tel 01404 46451 or 07976 533520

CASSIO LK80 Keyboard: This keyboard has 73 touch sensitive piano keys and has Many effects (midi). Complete with manual, music stand and power supply and keyboard stand. In excellent order. An absolute bargain at £105. Tel 01404 46451 or 07976 533520

CLASSIC guitar, still in good, working order. The guitar has a lovely mellow tone and comes with a stand and guitar case. Now only £40. Tel 01404 46451 or 07976 533520

DRUM KIT by Performance Percussion: Full kit of 5 drums with Remo Heads, 2 cymbals, high hat, two foot pedals, stool and a stand for accessories (eg. Woodblock, bells etc.). Shells finished in burgundy, the kit comes used, but in good working order. Now only £125. Tel 01404 46451 or 07976 533520

JUICE EXTRACTOR: Matstone 6-in-one, complete with attachments, manual and recipe book. Hardly used, this burgundy juice extractor comes in excellent working order. Below half new price, it's now only £75. Tel 01404 46451 or 07976 533520

ELECTRIC reclining chairs (x2), aged only 4 years old and priced at only £95 each. Tel 01297 33807

MANUAL two-seater reclining settee, aged only 4yrs old and priced at only

£150. Tel 01297 33807

JAMES MARTIN Books including, 'Home Comforts', 'Fast Cooking' and 'Slow Cooking'. Still unopened they cost £20 each, now selling for only £15 o.n.o. (cash). Tel 01460 75825

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ARTICULATE board game, new and still unopened. Now only £25. Tel 01460 221293

AS NEW fold-up table, with a detachable tray. Ideal coffee table for a beach hut, it's only £15. Tel 01297 24501

SUEDE footstool (seat/cube), still in ex condition. Cost £20, it's a bargain at only £5. Tel 01297 24501

TOWEL drying rail: Stylish wooden vintage rail that would be useful for a bathroom or bedroom. It's a bargain at only £20. Tel 01297 24501

GARDEN TABLE & 2 chairs: A stylish metal

french bistro style table & chairs. Cost £99, it's now only £25. Tel 01297 24501

DOG/CAT basket: Whicker basket with cushion, completely unused. It's bargain at only £10. Tel 01297 24501

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ELECTRIC STOVE: GAZCO model in

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Grade C - Salary Range £9.27 to £10.60 per hour depending on experience
Hours: 1267 per annum, 39 weeks (Term Time)

We are looking to appoint a supervisor for our Time Out and Isolation room to assist with the administration and supervise support of students in both Key Stages 3 and 4 (ages 11-16). The role will be supported by the Pastoral Team. This post is from January 2017 to 31 August 2017 in the first instance.

We are committed to safeguarding the welfare of our students and the successful candidate will be asked to undertake a DBS check.

Further details of the post and an application form can be found on our website.
Closing date for applications is Friday 13th January 2017.

Huntingdon Black, with 1-2kw Variflame technology that has two heat settings and 3 flame brightness levels. Also comes with a remote control. Hardly used, the stove cost £660 in 2013 and is now selling for only £330. Tel 01460 394825

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View 2

The ultimate leisure guide for East Devon & South Somerset

The small hall with the BIG reputation
David Hall
 FOLK • ROOTS • ACOUSTIC • JAZZ
 BLUES • DANCE • THEATRE • FILM

WHAT a fantastic month of music we have just enjoyed at The David Hall! - four fabulous gigs, each performed to a sell-out audience!

On Saturday 3rd December we welcomed for their first visit (and it will not be their last!) the really talented eight-piece band, Police Dog Hogan. They quickly showed just why they are fast becoming one of the most sought-after bands on the circuit. Instruments that included guitar, accordion, banjo, fiddle and trumpet, mixed with great vocals, made this a performance that will long be remembered. This show was exuberant, accomplished, stirring and funny, blending country-fried heartbreakers, belting anthems and foot-stomping sing-alongs. If you missed Police Dog Hogan this time, make sure you get a ticket when they return.

On Friday 9th and Saturday 10th December Christmas really started for us with the return of St Agnes Fountain. "The Aggies" have been performing at The David Hall every year since 2005 and since 2010, for two nights each December. Hard to believe that they have now visited us 20 times and every single gig has sold out!

Chris While, Julie Matthews, Chris Leslie and David Hughes tour each December, performing rhythm-ed-up carols and Christmas music interspersed with laughter and spoken word. Once again their totally unique take on Christmas music impressed and charmed in equal measure. A really fantastic two nights that will be repeated in 2017.

On Saturday 17th we were entertained by Belshazzar's Feast. This duo comprises Paul Hutchinson (accordion) and Paul Sartin (fiddle) and their Christmas-themed show mixed Traditional Folk music, seasonal material, their usual touch of Classical and Jazz, plus a bit of Pop and Music Hall, all topped off with lashings of wry humour. This was one of the most entertaining nights I can remember at The Hall - every single person leaving had the broadest of smiles. Yet another memorable night!

December at The David Hall

closes with a New Year's Eve Ceilidh featuring Jigs for Gigs with caller Simon Maplesden. A great way to bring in 2017 in style!

2016 has been a very successful year and it is my job to make sure that 2017 is even better; and I can think of no better way to start the New Year than with the third visit by the legendary Blues performers, Paul Jones and Dave Kelly, on Saturday 12th January. At the time of going to print there are just a handful of tickets left for this event.

Founder members of The Blues Band, Paul and Dave's musical roots go way back into the true undergrowth of the Blues Tradition. As presenter of his BBC Radio 2 show, and as a thrilling singer and harmonica maestro, what Paul does not know about the Blues can be written on a pinhead. The same can be said about Europe's leading Bluesman, Dave Kelly. He has played with them all, including legends such as Howling Wolf, Buddy Guy and Son House.

I can guarantee that this live set by this dynamic duo is an occasion you will long remember!

On Saturday 21st we are pleased to welcome for the first time the London based Folk band, Stick in The Wheel. This five-piece band is 'Taking the Folk Scene by Storm' and, in 2016, performed to packed houses at festivals including Glastonbury, Sidmouth, Cambridge, Larmer Tree and Beautiful Days. Four times BBC Folk Award nominees, their raw, abrasive sound and uncompromising attitude goes right to the heart of what Folk music is about. A band that is destined for great things!

On Friday 27th we welcome for their fourth visit the Scottish group, The Bully Wee Band, which was formed in 1971. These veterans of the British Folk scene are now undertaking their 14th annual tour. This is a band which, musically, has never stood still, and their recent material is just as strong and meaningful as their music of four decades ago. Performing a mixture of Traditional and original songs and tunes, The

Bully Wee band is proving they are still a force to be reckoned with on the Folk scene. Fantastic musicianship together with wonderful vocals will ensure this is yet another memorable gig.

May I take this opportunity to thank each and every one of you for your support and wish you all a very Happy New Year!

*Pete Wheeler,
Petherton Arts Trust*

Further events at The David Hall in January

On Friday 13th January, Tangle presents: **Towards the Sun. Poems, stories and spine-tingling singing. This stunning performance is a theatrical anthology commissioned by African/Caribbean female writers and performed by Tangle in an ensemble style, complemented by a cappella songs. There will be a light Caribbean-themed supper before the show and a short Q&A session afterwards. Tickets: £14. Includes the show and supper at 7pm. Show only: £7 at 8pm. Please book performance/food tickets by Wednesday 11 January. Show-only tickets will be available on the night.**

On Friday 6th January, Petherton Picture Show presents **Golden Years**, starring Phil Davis, Bernard Hill and Alun Armstrong, and on 20th January, **Hunt for the Wilderpeople** with Sam Neil and Julian Dennison. Tickets: £5. No Concessions.

The David Hall's popular monthly Coffee Morning will be on Wednesday 25th, from 10am - 12pm. Pop in for a cup of real coffee and a chat; look around the book and bric-a-brac stalls and listen to some live music. Entry is free.

On Saturday 28th January there will be a Music Quiz Night. Test your knowledge, enjoy a light supper - and raise money for The David Hall and Petherton Folk Fest 2017. Tickets: £6 including supper. No concessions. NB Advanced bookings only by Wednesday 25 January. Maximum four people per team.

Acoustic Night is on Sunday 29th. All performers have the opportunity to deliver for 10-15 minutes with full PA and lighting system. If you wish to perform, please email folk@chriswatts.org to secure a place.

A Tribute to Nina Simone



ILMINSTER ARTS Centre's concert on Friday, January 13th celebrates one of the most extraordinary artists of the twentieth century, Nina Simone. An icon of American music, Simone was a consummate storyteller whose music defined an era - and defied convention. She was a classically trained pianist who was revered as the 'High Priestess of Soul' but who regarded herself as a folk singer and who as an ardent Civil Rights activist became known for songs such as 'Mississippi Goddam' and 'Young, Gifted and Black' among others.

For this very special concert at the Arts Centre, acclaimed jazz singer Louise Parker will perform some of Nina's best loved songs, accompanied by the Matt Carter Trio (with the talented young pianist at the keyboard).

Louise been an admirer of Nina Simone's work for many years and she is well placed to perform this tribute. Growing up in a house filled with music, from the folk, calypso and opera enjoyed by her Jamaican-born mother to the trad, swing and be-bop that her jazz-obsessed father loved, vocalist Louise Parker, aptly named after Louis Armstrong, was born to create the soulful sounds for which Nina Simone was famed.

Like Nina before her, Louise Parker is a powerful live performer and a skilful interpreter of swing, blues and gospel classics. Combining a potent mix of funk and gospel, Louise blends an effortless rhythmic style with a sweet warm tone and daring scatting to create a performance which stirs the soul. Her voice has been praised by many critics, Humphrey Lyttelton among them, and Louise has also proved to be a big hit on the festival circuit and is a regular on Radio 2's Best of Jazz.

Come and enjoy a night of simply soulful musical excellence - advance booking strongly recommended.

Tickets £14 (pre-show supper £14 at 7pm, booked in advance). Music from 8pm.

Please contact the Box Office on 01460 54973.

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For guaranteed results and unlimited motivation, reserve your place on one of our three amazing fitness courses starting in January.

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ILMINSTER arts centre

AT THE MEETING HOUSE

OPEN PRIZEWINNERS' EXHIBITION

Tues 3 - Sat 21 January

Group show by the prizewinning artists of the 2016 Ilminster Open Competition.

NINA SIMONE TRIBUTE

Friday 13 January 8pm

Tickets £14 (pre-show supper £14 at 7pm, must be pre-booked)

Soulful jazz vocals from Louise Parker, with Matt Carter on piano.

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Arminster Drama Club Presents...

Robinson Crusoe

The Pantomime

Written by Paula Smith

Thursday 19th - Saturday 21st January 2017

at 7.30pm, Saturday Matinee at 2.30pm

The Guildhall Arminster

Directed by Mike Speller & Jack Price

noda

Tickets: Adult £8, Child £7 from:-
 Archway Bookshop, Church St, Arminster.
 Tickets on Sale Weds 28th December 2016

Diary Dates

TUESDAY JANUARY 3RD

AXMINSTER: Axminster Probus Club for retired and semi-retired business and professional men meets at 10.00 for 10.30am in a private room at the A35 Pit Stop, Gammons Hill, Kilmington for a talk by Bonny Sartin of The Yetties and an optional lunch. For further details ring 01460 220528.

CHARD: Chard Ladies' Evening Guild will have a talk by Richard Kay from Lawrences' Antiques, entitled "An Auctioneer's 10 Commandments". Everyone is welcome to join us at 7pm. at Manor Court School.

CREWKERNE: Computer Drop-in at Henhayes Centre – Questions answered and help provided. 10.00 am to 12 noon, £2/£3.

CREWKERNE: Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people 50+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.00 including tea or coffee. Please call 01460 74340 for further details.

CREWKERNE: Henhayes Knitters at Henhayes Centre. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 – 4pm

WEDNESDAY JANUARY 4TH

SEATON: Jurassic Folk and Jam Club at Eyre Court, 2 Queen Street, 8–10.30pm. Music and song for all to enjoy. Free admission for musicians, singers and spectators. For more details call 01404 46451 or 549903, or visit www.jurassicfolkandjam.com

SEATON: Yoga with a Chair. Free Taster session 1.30pm to 2.30pm at the Gateway, Fore St. Yoga for EVERY body. Info. Yvonne 01297 20326

AXMINSTER: Our Local WW2 Airfields: Dunkeswell, Upton and Exeter. A fascinating talk by members of the Southwest Airfields Heritage Trust explaining the crucial role of these key airfields.

AXMINSTER: Christmas Bingo at Henhayes Centre – £5.30 (£4.80 for members) for 6 books of 12 games – "eyes down" at 2.30pm. Bar open, refreshments available, raffle.

COLYFORD: Women's Institute, 2pm in the Memorial Hall. Speaker will be talking about growing and using willow. More information from Elizabeth on 01297 624250.

THURSDAY JANUARY 5TH

CREWKERNE: Crewkerne Folk Dance Club 8–10pm at St Bartholomew's Church Hall. Every Thursday. Entry £2.50, but first visit free. For more details call 01460 77320 or 75760.

EXETER: Adoption Information meeting at Kenn Centre, Exeter Road, Kennford, EX6 7UE, 6.30–8.30pm.

CHARD: Chard Camera Club meeting in the Baptist Church, Holyrood Street 7.30pm. The members will be trying their hand at photography lighting, modelling and macro work. Anyone wishing to join them can do so by turning up on the evening. Further details can be obtained from their website www.chardcameraclub.org.uk or by ringing the Temp: members secretary Mr Malcolm Brocklehurst 01460 68616

CREWKERNE: Over 50s Keep Fit at Henhayes Centre – 10.00 am to 11.00 am. £2.50 for members/ £3.50 for non-members

CREWKERNE: Physio Fit at Henhayes Centre – 10.30 am to 11.45 am. £2 for members/ £3 for non-members.

CREWKERNE: Short Mat Bowls. 2–4.30pm at Henhayes Centre. New members welcome, come and give it a try.

FRIDAY JANUARY 6TH

CREWKERNE: Sequence Dancing at the Victoria Hall, 1.45–4pm. Tea and biscuits. Raffle. £2 per person. For more details call 01935 415520 or 01308 862866.

SUNDAY JANUARY 8TH

CHARD: The Church of the Good Shepherd Epiphany Sunday. Mass (sung) 9.45am.

MONDAY JANUARY 9TH

CHARD: Honiton Art Society Meeting. Watercolour demonstration by Lynda Kettle, Awliscombe Village Hall, 2 to 4pm. New Members and Visitors always welcome. Visitors £4

CREWKERNE: Short Mat Bowls. 7–9.30pm at Henhayes Centre. New members welcome, come and give it a try.

TUESDAY JANUARY 10TH

CREWKERNE: Computer Drop-in at Henhayes Centre – Questions answered and help provided. 10.00 am to 12 noon, £2/£3.

CREWKERNE: Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people

Jim Moray presents Upcetera

MULTI-AWARD winning folk musician Jim Moray presents a live performance of his acclaimed album Upcetera. Accompanied by a 9 piece ensemble including strings, woodwind, piano, double bass and drums, he reimagines traditional ballads as dramatically orchestrated torch songs or a sort of English Fado.

For 15 years Jim Moray has been at the forefront of a new movement in English traditional music. His debut album Sweet England changed the sound of folk song and won a brace of awards for its innovative melding of orchestration and electronica. Subsequent albums embraced everything from grime to Johnny Marr-esque guitar pop, but at their heart was always Jim's unmistakable soulful and yearning voice; singing old songs in a new way. Upcetera heralds a new chapter for the producer and has received the best reviews of his career, including five stars from Mojo, fRoots and R2 magazines. He has



Jim Moray

also found the time to contribute three new songs to BBC Dr Who spin-off show Class, and launched his own Low Culture Podcast.

Jim Moray's tour in support of Upcetera comes to The Phoenix in Exeter on Sunday, January 22nd. For more details visit www.exeterphoenix.org.uk

WHAT'S HAPPENING AT ILMINSTER ARTS CENTRE THIS JANUARY

THE new year gets under way with a stunning showcase of new work presented by the prizewinning artists of the Ilminster Open Competition. This much anticipated show features ceramic and textile artworks by the overall winner Jane Burden, sculptural assemblages by Peter Monkcom and botanical watercolours by Charo Ritchie (joint second prize winners), with 3D work by Sue Smallwood. Leo Davey, the winner of the 'People's Choice' award will also be returning with crowd pleasing landscape paintings, along with the Highly Commended artists, Sue Allen, Imogen Bittner and Gary Cook. The show opens on Tuesday 3rd and runs until Sat 21st. Another eclectic group show It's a Wonderful World follows on 23 January, and celebrates our beautiful world through artworks in a wide range of media and styles, including work by talented young photographer Oliver Hellowell.

You might want to clear your diary for Friday nights in January - we've got an irresistible line up of concerts! Mike Denham's latest vintage jazz SpeakEasy rolls into town on Fri 6th, this time with top clarinettist Mike Snelling to keep him company. On Fri 13th, jazz singer Louise Parker pays tribute to the magisterial music of Nina Simone, while on Fri 20th our Flying Folk session includes the Last Gasp Orchestra, Mitchell and Vincent, and Iain and Martine, a dynamic fiddle guitar duo from West Camel. Cementing the Arts Centre's reputation as a



with Abigail Willis

leading jazz venue in the South West 'three of the very best' mainstream/modern players come to play on 27 Jan. Joining sax players Dave O'Higgins and Geoff Simkins, and Jazz Award winning guitarist Dominic Ashworth on the Arts Centre stage will be the Craig Milverton Trio - which by our reckoning in fact makes six top notch players!

There are plenty of opportunities to get creative in 2017, with our new season of workshops. Come along and learn new skills or improve existing ones - we've got all the bases covered from watercolours, pastel pencils, acrylics, drawing, feltmaking, sewing, knitting, clay sculpture, rag rugging, and jazz jams! Or why not try one of informal untutored workshops? These are a lovely opportunity to work in a friendly and supportive atmosphere - choose from Clay Sculpture and Figure Drawing on Mondays or Art Group on Thursday.

If your new year resolution involves anything to do with volunteering, then why not consider donating some of your time and expertise to the Arts Centre? We couldn't function without our amazing team of volunteers, and there is always room for more - helping with exhibitions, concerts, and front of house, welcoming our many visitors. If you would like to get involved, do pop in for a chat, or give us a call.

www.themeetinghouse.org.uk / Box Office 01460 54973

Diary Dates

50+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.00 including tea or coffee. Please call 01460 74340 for further details.

CREWKERNE: Henhayes Knitters at Henhayes Centre. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 – 4pm

COLYTON: Planning meeting for Colyton's Historical Re-enactment Event – English Civil War coming to you on Saturday, June 10th. Find out how you can take part in this exciting community event. All welcome 7.30pm at Colcombe Castle, Colyton. Organised by Promote Colyton Group. Further Info 01297 552626

WEDNESDAY JANUARY 11th

AXMINSTER: Free Make & Munch with HALFF (Health and Local Food for Families). 10.30am–12.30pm. For parents and carers of children (0–18), a hands-on course of six sessions. Have fun preparing simple delicious food and enjoy eating it together.

Pre-school age children welcome with parents/carers. New venue Masonic Hall, South Street, Axminster. To book a place call Ros on 01297 631782 for more information or email admin@halff.org.uk.

CREWKERNE: Bingo at Henhayes Centre – Cash prizes – "eyes down" at 2.30pm. £5.30 (£4.80 for members) for 6 books of 12 games.

THURSDAY JANUARY 12th

CREWKERNE: Crewkerne Folk Dance Club 8–10pm at St Bartholomew's Church Hall. Every Thursday. Entry £2.50, but first visit free. For more details call 01460 77320 or 75760.

SEAVINGTON: Seavington gardening club – the Garden writer Sally Nex will be giving her first hand experience of "Behind the Scenes at Chelsea" The meeting will be held in Seavington Millenium Hall at 7.30 pm. Visitors welcome, £2 at the door. Details on 01460 929605.

CHARD: Chard Royal Naval Association will be meeting at their new location for their monthly meetings at 7.30pm at the Chard Rugby Football Club, Essex Close. This first meet of the New Year will be their AGM. The association invite any person wishing to join the association to turn up on the night where they will be made most welcome.

CREWKERNE: Physio Fit – 10.30 am to 11.45 am. £2.00 for members/ £3.00 for non-members.

FRIDAY JANUARY 13th

CREWKERNE: Sequence Dancing at the Victoria Hall, 1.45–4pm. Tea and biscuits. Raffle. £2 per person. For more details call 01935 415520 or 01308 862866.

SATURDAY JANUARY 14th

HINTON ST GEORGE: 'Flix in the Stix' presents 'AN-THROPOID' (15), in the Hinton Village Hall at 7.30 pm. Tickets £5 in advance from the Village Shop and Dorothy's Tea Room, or £5.50p on the door. To reserve Tickets please contact Bob Kefford on 01460 72563.

MONDAY JANUARY 16th

CREWKERNE: Crewkerne Awareness January Meeting. Guest Speaker: Paula Jackson on 'Divination By Tea Leaves'. At the Meeting Room, Unitarian Chapel, Crewkerne. 7pm – 9.30pm. Admission £2.50 (includes Light Refreshments) Everyone Welcome. Further details telephone Anastasia 01460 351019

CREWKERNE: Short Mat Bowls. 7 – 9.30pm. New members welcome, come and give it a try.

TUESDAY JANUARY 17th

AXMINSTER: Cooking for One Demo with HALFF (Health and Local Food for Families). 11.00am–12.30pm. Free healthy cooking demonstrations giving hints and ideas for cooking for one and covering nutritional advice for type 2 diabetes, heart disease and high blood pressure. New venue United Reformed Church, Chard Road, Axminster. No need to book, just turn up, it's free. Call Hannah on 01297 631782 for more information or email hannah@halff.org.uk.

CREWKERNE: Computer Drop-in at Henhayes Centre – Questions answered and help provided. 10.00 am to 12 noon, £2/£3.

CREWKERNE: Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people 50+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.00 including tea or coffee. Please call 01460 74340 for further details.

CREWKERNE: Henhayes Knitters at Henhayes Centre. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 – 4pm

Nicky Sweetland's

Showtime

OUR NEW SHOWBIZ COLUMN

Lunch with Gary? What a way to start the New Year!

I DON'T think I'm the only one who is pleased to see the back of 2016 and I'm trying to enter the New Year with a new found vigour. This has been helped by an email I received on Christmas Eve to invite me to have lunch with Gary Barlow. Ok, I'll admit, it's not an intimate candlelit affair and another 50 people will be joining us, but never the less, it made me let out a squeal with excitement (and a bit of wee, but I think it's the age I'm getting to!). The lunch is to promote his new musical, *The Girls* and I'm among a small number of journalist who have been invited to watch a rehearsal, meet the

cast and interview both Mr. Barlow and his co-writer Tim Firth. The real *Calendar Girls* will also be there and the last time I met them they were an absolute hoot!

I'm also entering the final rehearsal stages for the pantomime *Robinson Crusoe* in Axminster. I'm looking forward to getting my beard on (no, I couldn't quite grow one in time!) and donning my special thigh slapping boots for my first local stage appearance in almost two years. You can't help but be affected (or infected!) by the exuberance of a young group of performers and Axminster Drama Club has an abundance of talented

actors, who will ensure the production will be an energetic experience.

Energy is something I could do with after the over indulgence of the Christmas period, but as a former aerobics instructor, I don't envy those who work in the fitness industry at this time of year. So many customers begin with high hopes of changing their lifestyle, only to fall foul of the couch again by February. I'm going to try my best to get back to fitness, so the next time you see me, I'll probably be rippling with muscles!

I did manage to squeeze in a couple of theatre trips over the last week in order to feed my

stagey addiction, which included David Bowie's *Lazarus* (bizarre and yet amazing) and the glorious *Wicked* (still spectacular), but otherwise, I've had a pretty quiet time and have enjoyed refereeing the teenagers (that's a lie, I haven't enjoyed it!).

Before my lunch with Mr. Barlow, I'm off to a new comedy club next week, which is situated in Richard Branson's Kensington Roof Garden. The venue looks beautiful, but I'm hoping it's not going to be too cold. I've also had an invite to the Royal Albert Hall to see *Cirque du Soleil* for the first time and I'll be watching a



Gary Barlow and Tim Firth with the cast of *The Girls* musical.

new play at the Trafalgar Studios about a terrorist attack in London (doesn't sound very cheery!)

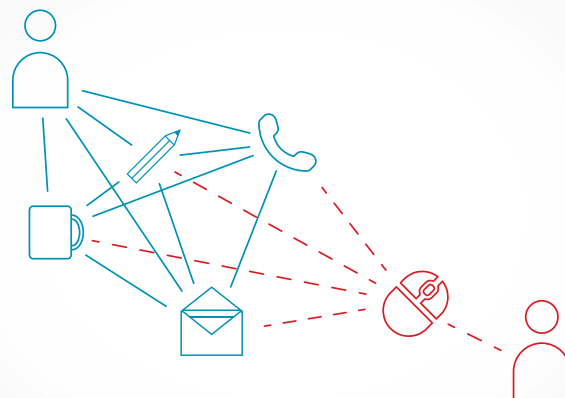
I'm also preparing myself for a flood of local shows over the next few weeks, as January and

February are the busiest time for amateur. I'm looking forward to seeing the Membury Merry-makers and Axmouth children's Pantomime, which were both excellent last year. Thomas Hardye School is

presenting the *Madness* musical *Our House* (which my daughter will be performing in), but sadly it's the same week as my panto, so I'll be missing out, but it looks like it will be one to watch.

You can read all of my reviews and interviews on our websites londonnewsonline.co.uk and viewnews.co.uk or you can follow me on Twitter for regular updates @NickySweetland

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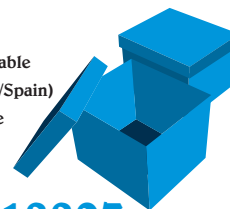
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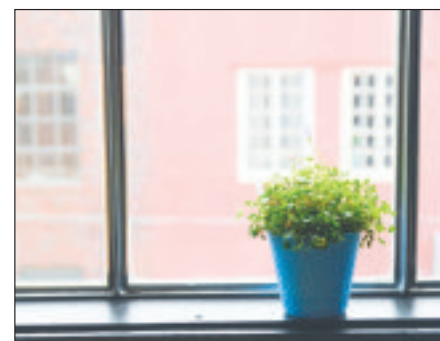
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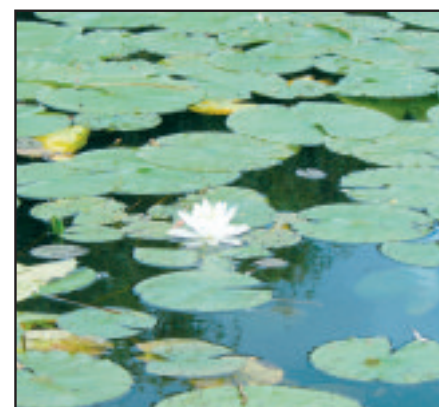
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In March 2011, Jim made the big step to go it alone and set up J Larcombe Architectural Consultant (JLAC) in his hometown of Lyme Regis.

With an ever-increasing client base and good local knowledge, Jim has taken steps to improve the service that JLAC can offer. In early 2015, Jim set up J Larcombe Construction. This has allowed Jim to follow projects through from start to finish whilst keeping a close eye on costs and achieving a high quality finish at a competitive price. See Construction link for more information.

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Motoring View

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Pricing announced for new Mercedes-Benz V-Class Marco Polo camper van

THE MERCEDES-BENZ V-Class Marco Polo camper van is now on sale, with prices starting from £53,180 for the entry-level V 220 d Sport. The V 220 d AMG Line is £55,320, the V 250 d Sport £55,055 and the V 250 d AMG Line is £57,195.

The Marco Polo is based on the popular V-Class, and can seat or sleep four people. It comes with a full range of equipment including a built-in kitchenette with a fridge and hob, plus a two-seater sofa which can easily be transformed into a bed (with under-bed storage). It also features an electrically raising roof; a wardrobe and a generous luggage compartment.

A choice of two engines are available: 220 d and 250 d, both using a turbocharged 2.1-litre diesel engine. The 220 d has an output of 163 hp and maximum

torque of 380 Nm, with fuel economy of 44.8 mpg on the combined cycle and CO2 emissions of 166 g/km. The 250 d generates 190 hp and 440 Nm of torque, can achieve 44.8 mpg and emits 169 g/km of CO2. A 7G-TRONIC PLUS automatic transmission is standard across the range.

As standard, Sport models come with a two-seater sofa with bed extension; yacht wood flooring in rear compartment (available in a choice of two colours at no extra cost); camping table plus two chairs with storage bag; electrically operated pop-up roof; swivelling driver and passenger seats; automatic three-zone climate control; external connections for power and fresh water; tinted rear windows; 18-inch alloy wheels; ambient lighting; Garmin navigation system; leather upholstery; Active

Parking Assist with rear-view camera; and split tail gate.

For an additional £2,140, AMG Line models add AMG bodystyling; 19-inch AMG bi-colour wheels; sports suspension; carbon-look dash; AMG spoiler lip on tailgate; and metallic paint.

For £595, the Lane Tracking package includes Blind Spot Assist and Lane Keeping Assist. The Driving Assistance package is optionally available for £1,695 and includes DISTRONIC Plus; Blind Spot Assist; Pre-Safe; and Lane Keeping Assist.

Stand alone options include metallic paint (£645); Comand Online infotainment system (£1,795); 360° camera (£335); extra individual seat in the middle row (£1,045); side awning (£695); and auxiliary heating (£1,345 – available across the entire V-Class range).



▲ Mercedes-Benz V-Class Marco Polo camper van

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"With many of us feeling the pinch at Christmas, big purchases can often be pushed to the back of the priority queue," said Leon Caruso, Vauxhall's Retail Sales Director. "Fortunately, for those in need of a

new car this New Year, the Vauxhall Bonus Tag Event has come at an ideal time.

"It enables our customers to treat themselves to a new car at a price they can afford and then enjoy it throughout the year. We'd like to invite all those interested in a new vehicle to stop by one of our retailers nationwide during the event to take advantage of the offers available."

The Vauxhall Bonus Tag Event runs from the 27th December 2016 to 16th January 2017 at Vauxhall retailers nationwide. Exclusions, terms and conditions apply. Visit www.vauxhall.co.uk/bonustagevent for details.



▲ Vauxhall helps drivers feeling the pinch

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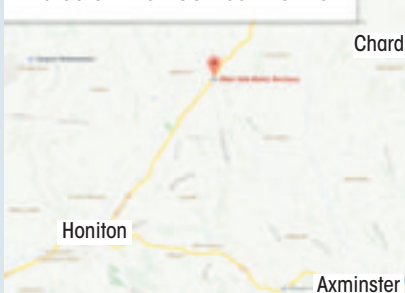
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Motoring View

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Brightly coloured cars add more than Jazz

Latest Honda colours brighten your life, but bold shades add more than flair

WE ALL need a little sunshine in our lives, especially as the days grow shorter and the nights get longer and darker. And that's why brightly coloured cars such as the new Honda Jazz could make all the difference between a good day

and a bad one – in more ways than one.

The Honda Jazz is already one of the warmest and most cheerful cars on the road, thanks to its strong character, high levels of owner satisfaction and rewarding driving dy-

namics, but drivers who choose colours such as the model's bold Sunset Orange and Attract Yellow Pearl are likelier to be happier – and safer – than most.

Psychologists have shown a strong link between colour and

personality, with hues such as orange and yellow most popular with extroverts and satisfied people. According to the psychology website www.verywell.com* orange is a colour that brings to mind feelings of excitement, enthusiasm, and warmth, while yellow is cheery and also warm. According to the site's expert psychologists, yellow can also increase the metabolism, making it the perfect choice of cars for those looking to shed a few pounds ahead of Christmas.

But it's not only in terms of mood and cheerfulness that owners of brighter cars are better off, with studies outlining

some very clear safety benefits.

In the biggest ever global insight into the relationship between accident rates and car colours, a report from Australia's Monash University, Melbourne, found that orange cars were statistically least likely to be involved in an accident, with other light or bright shades such as yellow, white and silver also faring well. Black and grey cars, conversely, were considered less safe, with experts putting the higher accident rate down to the cars being less visible, especially in poor weather or low light.

Phil Webb, Head of Cars at Honda UK, commented: "The

third generation Jazz is a car that already gives its owners a feeling of warmth and wellbeing, but colours such as Sunset Orange and Attract Yellow Pearl add more than just character. They're statistically safer, much more visible on darker days, and they help lift the moods of everyone around them – another part of the Drive Happy culture that defines Jazz's DNA."

The colour isn't the only thing about the Jazz that will brighten your day, either, with prices for the award-winning subcompact hatch starting at just £13,645 on-the-road, or with PCP packages from only £169 a month.



▲ Brightly coloured cars add more than Jazz

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football

Barrington beaten by ten-man Beaminster

West Dorset side on top in incident-packed Coronation Cup final

Barrington 2 Beaminster 4

Coronation Cup Final

THERE can be no denying that Beaminster, despite playing for 25 minutes with 10-men after the dismissal of Shane Evans, deserved to lift the Coronation Cup at Axminster Town on Tuesday.

The West Dorset side looked sleek and carved out the clearer opportunities before a crowd of approaching 200 at a frosty Tiger Way Ground.

But Barrington manager Sid Brown was far from pleased with some key incidents which went against his team, he said: "Poor decisions cost us today. There's no doubt that they [Beaminster] had the better chances, but the referee got the big decisions wrong. The referees want respect from the teams but they need to earn it."

The game began with Barrington's Andy Whitefield volleying over the angle in the first minute, but from here it was the Rainbows who shined.

Evans should have given them the lead in the seventh minute but blazed his shot wide under challenge after a surging run from Robin Jones.

And Evans repeated the miss midway through the half having manufactured a yard of space.

Beaminster took the lead in the 31st minute when Beaminster's Russell Legg and Gary Warren climbed into a 50-50 block tackle just inside the penalty area.

Referee John Boulton pointed the penalty spot having deemed the Barrington man's challenge to be a foul. Rich Hebditch stepped up and slotted home

past veteran keeper Stu Parris for his

33rd goal of the season in just 13 matches.

The decision left Barrington stunned and on their heels when Man of the Match Russell Legg produced the classiest moment of the match – a sublime chip that gave Parris no chance just two minutes later.

Beaminster captain Murray Legg also crafted a third just before the interval but there was nobody on the end of his crossed that flashed through the six-yard box.

Another of the flashpoints occurred just moments into the second half when Andy Whitefield was tripped by defender Rich Runyard as he look set to burst through on goal.

Referee Boulton produced a yellow card to the dismay of the Yellow Hammers and their supporters. And just two minutes Runyard's fellow defender Dean Hyett was spotted kicking out at Guy Dare off the ball.

Linesman Wayne Ridout reported the incident to referee Boulton who once again decided on the yellow option.

The game was decided on the hour when Hebditch did well to hold the ball up with his back to goal 12 yards out before setting up hard working midfielder Tom Coggins to drill the ball in to the net.

Beaminster nearly added another soon after when centre-back Ryan Gall rose well to thump a header from a free kick against the crossbar.

Then game opened up in the 66th minute when referee Boulton showed Evans a straight red card after a two-footed tackle.



◆ 1-0: Prolific Beaminster striker Rich Hebditch (blue, left) gives Barrington keeper Stu Parris no chance as his 31st minute penalty arrows into the bottom corner.
Photo by HOWARD LARCOMBE

Buoyed by this Barrington grabbed a lifeline when Hyett bundled over Sam Spurway and James Thompson stepped up to make it 3-1 from the penalty spot.

But the South Somerset's sides hopes ended a free-kick at the other end was sliced into his own net by full back Sam Hodgkinson at full stretch.

The scoring was completed in the 84th minute when Thompson's shot was parried by keeper Si Taylor and Andy Whitefield reacted quickest to tucked away the rebound.

But Beaminster saw out the remaining minute's comfortably and the 65-year-old trophy headed off to the Memorial Ground for the first time in 35-years.

Barrington, meanwhile, have to regroup having been beaten in both of this season's cup finals so far.

Barrington: Stu Parris, Sam Hodgkinson, Gary Warren, Simon Cherry, Tommy Butler (Capt), Mike Whitefield, George Hayward, James Thompson, Sam Spurway, Andy Whitefield, Guy Dare. Subs: Mike Towill, Dan Rolandson, Adam Gribble, Matt Brown.

Beaminster: Simon Taylor, Josh Baker, Rich Runyard, Dean Hyett, Ryan Gall, Tommy Coggins, Murray Legg (Capt), Russell Legg, Shane Evans, Rich Hebditch, Robin Jones. Subs: Ash Walkey, Jamie McClements, Talin Ford, Roger Cummings, Dan Pyett.



◆ GOAL: Andy Whitefield (10) slides in Barrington's late consolation despite the best efforts of Beaminster keeper Si Taylor and defender Rich Runyard.
Photos by HOWARD LARCOMBE

Robins and Tigers battle back for away wins – Blues on top in derby

Saturday, December 24th

ILMINSTER TOWN 2 COMBE ST NICHOLAS 1
Somerset League Division One (West)

TWO goals from Sam Rowswell helped Iminster Town end the year on a high as they came from behind to win a tight local-derby with Combe St Nicholas at The Archie Gooch Pavilion Ground.

Combe striker Liam Riste had a couple of early sighters but was foiled by a fine save by Iminster keeper Caspar Paine.

But it was Riste who broke the deadlock on the half half only for former Merriott Rovers midfielder Rowswell to square things up before the interval.

The winner came early in the second half and it was that man Rowswell to netted his fifth goal of the season with a fine free kick.

After the game Iminster boss Jason Manley was realistic in victory, he told [View Sport](#): "It was a really tight game, a draw would have been a fair result, we needed Simmo [Simmons], Darren Brown and Sam [Rowswell] on top form." Manley was also impressed by Tom Sullivan on the Saints' left flank.

Combe return to action on New Year's eve when they welcome Minehead AFC (2pm ko). Iminster's next match is on Saturday, January 4th when they entertain Por-

tishead Town Reserves (2pm) – at the same time Combe will take on Highbridge Town at Slades Cross.

Monday, December 26th

WINCANTON TOWN 1 CHARD TOWN 3

Toolstation League Division One – at; 134

THREE goals in the last 15 minutes saw Chard Town come from behind to clinch three points in Boxing Day's local derby at Moor Lane.

Wincanton took the lead in the 41st minute through Connor Williams after a shot had struck the Chard crossbar. But the Wasps had their sting removed by the late treble striker. Max Westlake equalised in the 75th minute from the penalty spot after the referee had spotted a handball.

Scott Martin edged Chard ahead three minutes later and James Boyland sealed the win the 83rd minute having just grazed a post.

Next up for Chard, now lying ninth, is the visit by Ashton & Backwell on Saturday, January 7th (3pm ko).

Chard Town: Jon Hill, Kieran Bailey, Alan Holmes, Shaun Wells-Burr (David Duarte 89), Pat Golden, Max Westlake, Jack Dicker (Luke Jackson 86), Brad Miles, Taufik Ben Salem, James Boyland, Scott Martin (Scott Jakeman 84). Unused sub: Ryan Mason.

Tuesday, December 27th

CREDITON UNITED 1 AXMINSTER TOWN 3

South-West Peninsula League Div One (East)

AXMINSTER Town put a dismal December behind them after coming from behind to bank three points at Lords Meadow on Tuesday.

The hosts grabbed an early lead and only a fine save from keeper Scott Wells-Burr prevented from doubling their lead which they deservedly too into the interval.

But it was Ax who held sway in the second 45. Elliot Dyer rose unmarked to head home a free kick midway through the half. Jon Hurford was then denied by the home keeper in a one-on-one opportunity but they soon took the lead when Chris Duchenski made no mistake from the penalty spot in the 79th minute.

The result was confirmed by Hurford who latched on to a Nathan Warren before slotting home with his weaker right foot.

Next up for the Ax is the local derby with SIDMOUTH TOWN on New Year's Eve (3pm ko).

Axminster: Scott Wells-Burr, Craig Every, Ben Clay, Chris Duchenski, Elliot Dyer, Aaron Daniels, Liam Cleal, Nathan Warren, Danny Clay, Jon Hurford, Tony Pinder. Subs: Brad-Lee Miller, Dan Galloway, Gary Macauley.

running axe valley runners

THERE was a bumper turnout of 212 for the Seaton Park Run held on Christmas Eve with many seasonal holiday runners taking part.

The race was won by Shaun Dixon of Highgate Harriers in 15:39, with Rhys Goddard of Sittingbourne Striders 2nd, 16:47 and Honiton RC's Kevin Hawker 3rd, 17:47.

AVR's Flo Swan was the first lady, 14th overall in 19:53.

golf honiton

HONITON with John Pawley

THE poor weather meant that last week's Tuesday Mixed monthly Draw Greensome Competition was curtailed to 14 holes.

Of the 18 players who braved the cold and wet conditions Cathy Uttley & Mike Delaney took the honours, winning the Centenary Goblets with 26 points. Liz Wood & Paul Ritchie came a close second with 25.

The Seniors' Friday competition was a Three-Ball Better Ball with two scores to count at each hole. Peter Clarke, Kit Barker & Alex Neil emerged as winners with 71 points, ahead on count-back from Paul Ritchie, Larry Goodliffe & Tom Tunnicliffe.

John Pawley, Howard Pritchard & David Morris were third with 69 with the team of Alan Pollock, Bill Eaton & George Smith taking the last podium place with 66. There were five 2s; Peter Clarke on the 2nd hole, Alan Pollock and Ron Graham on the 4th, Eric Short on the 10th and David Pearson on the 12th.

AXE CLIFF with Peter Motson

THE Ladies section played a fun Stableford competition on Wednesday, December 21st with an interesting twist in that even numbered holes counted as double scores – strange how the best scores all seemed to be recorded on the odd numbered holes!

In first place was Margaret Kenchington with 45pts, Jo Donmall was second with 43 and Sandra Walker was third with 42.

The Seniors played their Christmas match on December 23rd, the first division comprising of handicap 1-20 players. The winner was M Tomes (HC 19) with 29 pts. In second spot was N Povey (HC 17) with 28 and R Grove was third (HC 17) also with 28.

The second division match for handicap players 21-28 was won by L Morgan (HC21) with 27 pts, D Lacey (HC22) was second with 25, M Jamieson (HC 25) was third with 24.

darts round-up

A X M I N S T E R

Team: Dapper Darts 1-5
Vault A, The Swamp 6-0
Axminster Inn, Red Bulls
1-5 Lamb Shanks.

Team table	Pld	Pts
The Swamp	5	10
Vault A	5	10
Con Club	5	8
Red Necks	5	7
Axminster Inn	7	6
Len Goodmans	4	4
Lamb Shanks	6	4
Dapper Darts	6	1
Red Bulls	6	0

Singles: Dapper Darts 0-4
Vault A, The Swamp 4-0
Axminster Inn, Red Bulls
1-3 Lamb Shanks.

Singles table	Pld	Pts
Vault A	6	19
The Swamp	5	18
Con Club	5	14
Lamb Shanks	6	12
Axminster Inn	7	12
Red Necks	5	10
Len Goodmans	4	6
Red Bulls	6	5
Dapper Darts	6	4

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President's Cup QFs (Jan 6th); Perrott Monkeys v Brewers Bees (at North Perrott CC), Super Sexy Six v Concorde (Brewers Arms), Chis Colts v Sports 92 (Muddled Man), Lost Boys v Royal Chokers

(Kings Head - top).
President's Plate QF: Muppets v DBST (Beaminster SC), Odd Bobs v Admiral 6 (Merriott SC), Ugly Ducklings v Pinbusters (Kings Head - bottom), Willy Low Flyers v Football Club (King William).

snooker seaton & district

RESULTS, Dec 20th;
Chard Casuals 5-0 Sidmouth Cons 1-0, Colyton Feds 0-0 Honiton Wonder-

ers 6-0, Honiton WMC v Colyton ExCons no result reported. **Breaks:** Ben Pike 30, Steve Canniford 35.

League table	Pld	Pts
Wonderers	7	39
Chard Casuals	7	22
Colyton Feds	7	21
Colyton ExCons	6	16
Colyton TC	6	16
Sidmouth Cons	7	13
Honiton WMC	6	11

Bruce Miller Cup	Pld	Pts
Wonderers	7	39
Chard Casuals	7	26
Colyton Feds	7	29
Sidmouth Cons	7	21
Honiton WMC	6	19
Colyton TC	6	18
Colyton ExCons	6	16

cribbage honiton

RESULTS Dec 22nd; Feniton Soc B 6 Workingsmens B 2, Honiton Inn B 3 Vine Inn A 5, Thirsty Farmer 5 Feniton Soc A 3, Vine Inn B 6 Blacksmith Arms 2.

Captains Cup: Brenda Flood 1 Julie Bath 0, Hedley Hawkins 1 Steve Pettitt 0, Maureen Pendrick 0

Julie Davis 1, Rita Freemantle 1 Audrey Hawkins 0.

Fixtures: Blacksmith Arms v Vine Inn A, Honiton Inn A v Thirsty Farmer, New Fountain v Feniton Soc B, Vine Inn B v Workingsmens A, Workingsmens B v Honiton Inn B

Table	Pld	Pts
Blacksmiths Arms	15	75
Vine Inn B	15	67
New Fountain	14	64
Vine Inn A	14	58
Workingsmens A	14	58
Thirsty Farmer	15	56
Workingsmens B	14	55
Feniton Social A	15	53
Feniton Social B	14	52
Honiton Inn B	14	49
Honiton Inn A	14	45

Captain's Cup	Pld	Pts
Lionel Hawkins	14	13
Julie Davis	14	8
Hedley Hawkins	15	8
Rita Freemantle	14	8
Brenda Flood	15	7
Mike Dent	14	7
Julie Bath	14	7
Maureen Pendrick	13	6
Lorraine White	14	6
Audrey Hawkins	13	5
Steve Pettitt	14	4

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Old boys run off the turkey in front of large crowd

THE Chard Rugby Club's veterans turned out for the traditional Boxing day game with a team with players aged from 35 to 62 to take on their counterparts from Crewkerne and the large crowd that showed up to cheer on both teams weren't to be disappointed with fine display of rugby.

Chard kicked off and had the hill to deal with in the first half with the action being played up to each teams 22 but not beyond as both teams appeared to be equally matched in both attack and defence with nothing to call between the teams apart from the Chard supporters being slightly loader.

The deadlock was broken on 35 minutes with chard putting the ball through the hands and forcing an error allowing Andrew McKerow to power through for an unconverted try.

The restart looked good for Chard as they advanced towards the try line with pace but some

superb slight of hand gave Crewkerne the chance to clear out and then a kick put the home team on the Chard five metre with a line out and a ball to four and a drive through to the line meant it was all square at half time 5-5.

Chard received the kick off and Jason Hole ran through a number of tackles and set a good foundation for Chard's next attack - this time with the advantage of the hill.

Some probing runs from the pack lead by Captain Brian Sugar, gave Chard the momentum to maintain the pressure and they began to take control of the game.

Their patient build up soon paid off with a free kick leading to Mick Duffy going over the line just to the right of the posts and the conversion was kicked by Timmy Glenn.

By now Chard, 12-5 ahead, had their tails up and again worked steadily toward the Crewkerne

line.

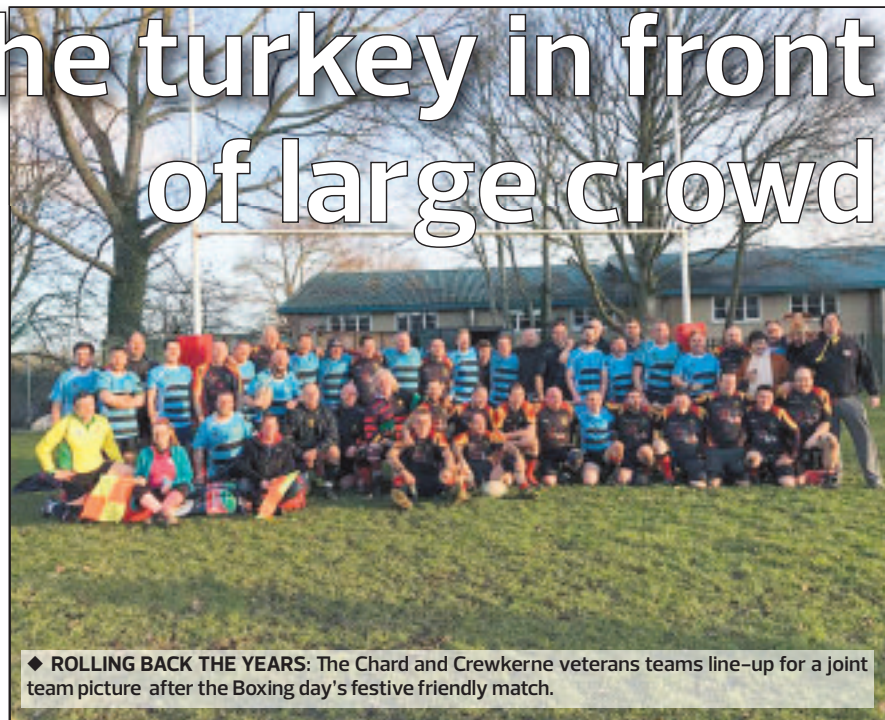
They then switched play to allow Neil Henley to score his debut try in his first game for Chard after recently taking up rugby for the first time.

Now leading 19-5, Chard were determined not to let the home team get back into the game and, with a change of front row with Keith Milton taking up the props role, things stayed solid and gave the visitors a good foundation to make their final attack.

At this stage Richard Hall joined the game for the hosts dressed as a pantomime horse and made some fine gallops up the wing!

Chard finished the game with a final try again with some fantastic build up allowing Tom Hopkins to cross the line to make the final score 5-24.

Both teams would like to thank referee Dave Connolly-Mealing for taking control of the game and Abigail and Jane Gregory for running the line.



◆ **ROLLING BACK THE YEARS:** The Chard and Crewkerne veterans teams line-up for a joint team picture after the Boxing day's festive friendly match.

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